



Lewis County Public Health & Social Services (LCPHSS)

2015 Annual Report to Community

Introduction

Lewis County Public Health & Social Services (LCPHSS) is located in Southwest Washington in the County seat of Chehalis and serves a population of 75,901 citizens. The county was founded on December 19, 1845 and is named after the explorer, Meriwether Lewis. The total area of Lewis County is 2,436 square miles. The Department is comprised of the following five divisions:

Administrative Services: Board of Health, Customer Service, Department Contracts, Notary Public, Personnel, Vital Records, Veterans Relief Fund

Animal Shelter: Animal Intake, Animal Adoptions, Reuniting Lost Animals with Owners

Community Services: Chronic Disease Prevention, Communicable Disease Response, Immunizations, Maternal and Child Health, Emergency Preparedness, Assessment, Women, Infants, and Children (WIC)

Environmental Services: Food Safety, Code Compliance, Water Lab, Water Quality, On-Site Sewage, Solid Waste

Social Services: Housing, Substance Abuse Prevention, Community Mobilization, Mental Health, Developmental Disabilities, DUI Traffic Safety, Senior Services.

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Rainbow Falls

2015 Lewis County Board of Health

Commissioner
Edna J. Fund

Commissioner
Bill Schulte

Commissioner
Gary Stamper

Board of Health Advisory Committee

Mary DeMun, RN
Don Haviland, Sr.
Neal Kirby
Matt Patten
Ron Pollock
Cherie Rusk
Julie Schaffley
Dr. Rachel Wood
Danette York

Lewis County Public Health & Social Services

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Chehalis, WA 98532

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Immunizations:

Immunizations have saved many lives and prevented millions of cases of disease. The benefits of vaccination vastly outweigh the risks and continuing to vaccinate our children is the best way to increase community immunity and help protect the children who cannot be vaccinated. In addition to giving both adult and children's vaccinations, we worked with 21 medical clinics to assure that children's vaccines are available and effective throughout the county.

Lewis County vaccination rates	2011	2012	2013	2014	2015
Kindergarten children who were fully immunized	92.3%	87.2%	90.1%	85.0%	89.8%
Children in 6th grade who were fully immunized	75.6%	72.7%	86.6%	83.5%	82.9%



Emergency Preparedness:

Making it through any disaster in the best possible condition is a 4-step process.

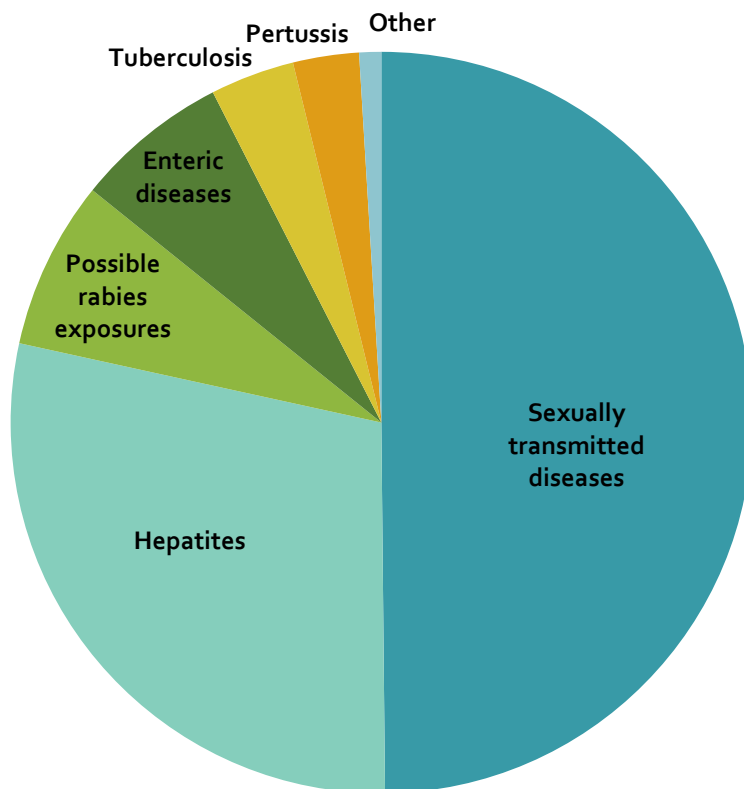
- 1) Prepare: think about what kinds of disasters we typically encounter (wind, rain, snow, flooding, earthquakes, etc.).
- 2) Make every preparation you can to prevent or minimize its impact on you, your family, and your property.
- 3) Have supplies ready to ride out that initial 3+ day period where you may be on your own.
- 4) Get yourself back on your feet, then help others do the same.

LCPHSS has resources to help you predict hazards, prepare to minimize their effects, and a Medical Reserve Corps Unit that helps us serve Lewis County's pre- and post-disaster public health needs. For personal and family preparedness information, go to <http://lewiscountywa.gov/publichealth/publichealth-emergency-preparedness>.

For more information on and application instructions to volunteer with the Lewis County Medical Reserve Corps, visit: <http://lewiscountywa.gov/publichealth/medical-reserve-corps>.



Communicable Disease Control



Public health investigates communicable diseases in order to prevent their spread in our community. In 2015, LCPHSS investigated 626 cases of communicable diseases. Half of these were cases of sexually transmitted diseases. This included a significant increase in the number of gonorrhea cases over previous years.

Hepatitis cases made up over a quarter of the caseload. The majority of these cases were chronic hepatitis C which is spread primarily through contact with infected blood, often through the injection of illegal drugs.

Enteric diseases (most commonly spread through contaminated food or water) accounted for almost 10% of investigations. There was one active case of tuberculosis verified in 2015; additionally, we investigated 17 suspect cases to ensure that this disease is not being spread.

Maternal and Child Health

LCPHSS provides several services to promote and protect the health of women and children.

- Ensured that all medically fragile children were connected to the resources that they need to maintain health
- Provided education targeting both substance use and sexual risk reduction to high-risk teens
- Developed a community coalition to promote breastfeeding
- Educated pregnant and parenting mothers about the importance of healthy nutrition and physical activity

LCPHSS helps children and families develop to their full potential and prevents them from developing long-term health issues, disabilities, and social problems.



Social Services

Social Services oversees and contracts with direct services providers for Chemical Dependency Treatment and Prevention, Developmental Disabilities, Homeless and Housing Assistance, DUI/Traffic Safety, Mental Health Service Coordination, and Senior Services. Funding for these services come from state and federal grants as well as local sales tax.

Morton Up – Prevention

Washington State is focusing prevention funding and efforts in specific communities throughout the state. In Lewis County, Morton was chosen as the Community Prevention and Wellness Initiative Community. This past year Morton community members and students participated in many prevention activities and trainings including Adverse Childhood Experiences training, Mental Health First Aid training, a Community Town Hall event with the Lewis County Sheriff's Office, sponsoring a school assembly on Bullying, Red Ribbon Week activities, and a community-wide campaign focusing on prescription drug abuse, "Count It, Lock It, Drop It".

The Morton students also took part in a school-wide survey to promote positive social norms like "Most Timberwolves". 92% prefer dating someone who does not use tobacco, marijuana, or alcohol. These statistics were made into posters and used for radio Public Service Announcements.

Mental Health

Mental Health First Aid: Trained three cohorts of nursing staff for Providence Centralia, one class in Morton, and all correctional officers at LC Jail.

Collaborated with development of regional Behavioral Health Organization.

Facilitated Mental Health Coalition meetings, convening community partners for identify gaps of service.

Trained in Healthcare Leadership for Mass Casualty events by Homeland Security in Alabama.

Worked with substance use treatment providers to prepare them for transitioning from county to regionalized payment system.

Developmental Disabilities

- An average of 110 individuals were served by 3 vendors in 2015 which is an increase of 7.84% from 2014.

Employment services are community-based supports intended to assist individuals with developmental disabilities to obtain and maintain work in the community. These services include Individual Supported Employment, Group Supported Employment & Community Access.

- An average of 55 children aged birth to 3 were served by one vendor in 2015 which is an increase of 57.14% from 2014.

Child Development services focus on helping eligible children to learn basic and brand-new skills that typically develop during the first three years of life.

- Special Olympics of Lewis County has 112 athletes who participate in sports like Basketball, Soccer, Track, Aquatics, Golf, Softball and Bowling throughout the year.

Participants engage in goal based, team oriented skills that help them to positively engage with others across our county and state.

- You may contact Meja Handlen at 740-1418 if you are interested in becoming involved with Special Olympics.

Special Olympics
Washington



Child Restraint Program

Lewis County Public Health & Social Services hosted a Child Passenger Safety Technician Training in December. Lewis County now has five new certified car seat technicians, one with LCPHSS and four with Washington State Patrol. LCPHSS offers free car seats to low income families receiving state benefits. On average, five seats were distributed per month in 2015.

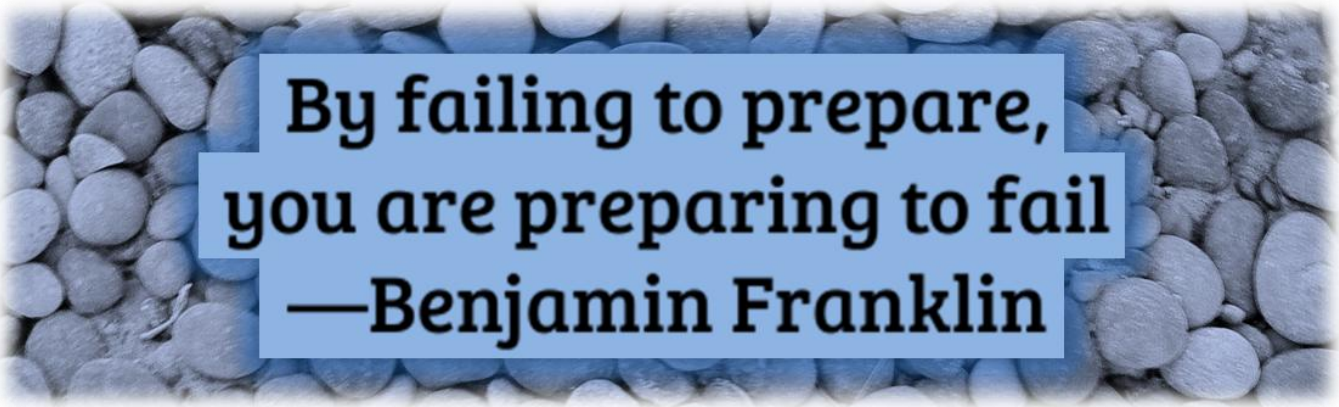


Housing

On the one-night “Point in Time Homeless Count”, which is held every January, 216 individuals were counted as homeless. More than 300 people attended the Project Homeless Connect event to access various services, including receiving clothing, vaccinations, a haircut, and a hot meal. They were also provided an opportunity to receive a hot shower. Veterinary services were available for homeless pets. Summer Project Homeless Connect was also held last year with service providers and homeless individuals and families getting together for a fun day at a local park.

593 students were registered as homeless in our county school districts. These students were offered transportation, supplies, tutoring, after-school programs, and extra snacks for weekends. Our department sends a representative from the largest school district to the National Homeless Children’s conference to gather information and share with all school district liaisons.

In 2015, 14,538 shelter bed-nights were used to shelter people in Lewis County and 714 households were served with homeless and housing funds. LCPHSS Housing programs also co-hosted with Cowlitz and Clark Counties, several trainings and informational workshops to educate and raise awareness of the issues.



**By failing to prepare,
you are preparing to fail
—Benjamin Franklin**

Senior Services

Lewis County Senior Nutrition Program (SNP)

The Older Americans Act of 1965 is the basis upon which the Senior Nutrition Program is built. As first enacted, the Act authorized funding for local community programs to provide social services to older persons. In 1972, Title VII Nutrition funds (now Title III-C) were appropriated on a nationwide basis to provide nutrition services to the elderly.

Later, amendments to the Act provided for better organization at the state and local level by dividing states into planning and service areas and designating the Area Agencies on Aging to develop and administer the plan in each area.

The Senior Nutrition Program (SNP) is designed to help increase the nutrient intake of older individuals who might not eat adequately; and, through better nutrition, assist them to remain healthy and independent in their communities. Each meal served contains at least one-third of the Recommended Dietary Allowances (RDA) as established by the Food and Nutrition Board of the Institute of Medicine of the National Academy of Sciences. Nutrition assessment and education are made available at the sites.

In addition to the hot meal, participants are offered the opportunity to socialize, play games and join in with others of similar interests. Supportive services, such as transportation, shopping assistance, physical activity programs, health promotion and other services may be available as well.

Funding is provided through participant contributions, the USDA (United States Department of Agriculture), and Title III-C of the Older Americans Act. In Lewis County, the Program contracts with the Lewis- Mason-Thurston Area Agency on Aging (LMTAAA).

Sr. Farmer's Market Nutrition Program

2015 was the tenth year for the Senior Farmer's Market Nutrition Program in Lewis County. The program is well known and seniors waited anxiously for the opportunity to apply for and receive benefit checks.

The contract administered through the Lewis Mason Thurston Area Agency on Aging provided a budget of \$17,612, with \$16,440 allotted for benefit checks and the balance of \$1,037 for administrative costs. There was a total of 411 applications processed with sets of checks in the amount of \$40 per applicant. The program received a total of 416 applications, however it is a first-come, first-serve program so 5 applicants were not able to access the benefits.

Sr. Nutrition Meals Served

The Lewis County Senior Nutrition Program experienced a 10% increase in meals served county wide between 2014 and 2015. Outreach efforts focus on all aspects of the Senior Programs with emphasis on nutrition, exercise and healthy living.

Senior Center Locations

Twin Cities	Toledo
Winlock	Morton
Packwood	
Pe Ell (Satellite Site)	

Administrative Services

If you need shots, to purchase a Washington birth or death certificate, or have your well water tested, we can help you. We have a Notary Public on staff and an interpreter is available to help our Spanish-speaking population on Tuesdays and Thursdays when the immunization clinic is open. Our Customer Service Clerks are ready to help you with food permits, food handler classes and general public health questions.

We have a monthly Board of Health meeting on the second Monday at 11:00 am that is open to the public but please check the website to verify it has not been canceled for the month.

Our Veterans Community Outreach Worker is in the office Mondays through Thursdays from 9-12:30 and 1:30-3:00 to help Veterans who may need financial assistance through the emergency Veterans Relief Fund.



Births during 2014 (2015 not available)	862
Deaths during 2015	768
Birth Certificates Issued in 2015	2,308
Death Certificates Issued in 2015	3,056

	Resolution	Agreement	Proclamation	Ordinance
Processed by Board of County Commissioners	6	35	0	0
Processed by Board of Health	4	6	0	0
Processed by LCPHSS Director	N/A	59	N/A	N/A
Total processed	10	100	0	0

Veterans Relief Fund

Veterans Who Received Funds for Living Expenses	262
Veterans Who Received Funds for Funeral Benefits	27

Fuel	\$ 11,551.82
Rent	\$ 15,649.53
Food	\$ 26,614.87
Utilities	\$ 26,372.81
Miscellaneous (mini grant, medical, etc.)	\$ 23,467.31
Funeral	\$ 12,150.00
Total	\$115,806.34



Mission, Vision, and Values

Mission: Lewis County Public Health & Social Services strives to promote, enhance, and protect the health and well-being of our community through partnerships, education, and prevention services.

Vision: Healthy people, strong families, and vibrant communities... a healthy Lewis County.

Values: Our department fosters and endorses an environment of **respect** in all areas of our daily activities along with a non-judgmental outlook toward the people we serve and those with whom we work.

Integrity guides each employee to uphold professional ethics and serve with honesty, fairness, loyalty, and trustworthiness.

As stewards of the community, we hold ourselves **accountable** for our behavior, performance, and all resources entrusted to our department.

We are **committed** to using the least intrusive method possible to achieve optimal public health – informing and educating wherever possible, directing and regulating **only** when necessary.

Recognizing individual strengths, we encourage **teamwork** through active collaboration to solve problems, make decisions, and achieve common goals.

Animal Shelter



The Lewis County Animal Shelter is sustained mainly by County general funds and public donations although it does receive some fees for services.

Donations may be sent directly to the Animal Shelter at:

**Lewis County Animal Shelter
P. O. Box 367 Chehalis WA 98532**

You can visit the shelter and find your perfect family pet at:

560 Centralia Alpha Road, Centralia

The shelter is always looking for individuals who would like to volunteer. If you or a family member is interested in volunteering, contact the shelter at **(360) 740-1290**.

(Volunteers must be at least 12 years old and all volunteers must complete a one-hour training class.)

2015 Statistics

Animals Received (dogs and cats)	1,336
Animals Adopted	889
Animals Returned	175
Animals Destroyed	264*
Percent Destroyed	20%

*Animals were destroyed due to being sick or injured or feral cats.



Environmental Services

Code Enforcement

Hulk Vehicle Inspections	225
Tons of Illegal Tires Disposed	138.39
County Abatements (nuisance)	0
County Abatements (other-illegal dumping)	4

Complaints by type

Hulk Vehicles	29
On-Site Sewage	56
Solid Waste	120
Building	174
Clean Indoor Act	0
Planning	23
Public Works	0
Water Quality	17
Dangerous Animal	4
Potentially Dangerous Animal	25
Animal Neglect	26

Total Complaints Received on 355 Properties (case numbers)

Civil Infractions

Issued	36
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Infractions issued for multiple individual violations

Solid Waste	8
Hulk Vehicle	7
Littering	4
Building	8
On-Site Sewage	5
Public Works	0
Land Use	0
Water	3
Other	1

Solid Waste

Facilities Designated as Exempt Sites	10
Facilities with Permits	4
Environmental Report Tracking System (ERTS) Toxics Cleanup Program (TCP) Initial Investigations	5



Water Program

Water System Design	4
Well Sites	20
Water Availability Review	72
Nitrate Analysis	2
Group A Assessments	19
Group A Technical Assistance	25
Reduce Sanitary Control Area	3
Bacterial Sampling	98%
Nitrate Sampling Compliance	98%

Coliform

Non Acute Group B Resolved	34
Pending*	7
Acute Pending	0

Nitrates

Group B Pending Quarterly**	3
Group B Pending Monthly	3

Meth

Meth Labs Closed	1
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On-Site Program

Septic Permit Applications	278
Operation & Maintenance Permits	7
Soil Evaluations	24
Permits Issued	248

Combined EH Reviews

State Environmental Policy Act (SEPA)	25
Administrative Variance	14
Administrative Approval	4
Boundary Line Adjustment	30
Large Lot Subdivision	0
Short Plat	5
Special Use Permit	2

*Pending refers to working with the water system to resolve a current issue, i.e., developing a chlorination system, nitrate exploring treatment or a new source.
 **Testing frequencies

Food Safety Program

Permits

Annual Permanent Permits	432
Seasonal Permits	4
Temporary Permits	381

Food Handler

Classes Held	48
Cards Issued from in-person classes	190
Cards issued from online classes	3,311

WIC Program



WIC and the Farmers Market Nutrition Program Contributes to the Local Economy:

WIC Program

(Includes checks for fresh fruits and vegetables): \$1,772,368

Checks used for fresh fruits and vegetables only: \$ 156,653

WIC Farmers Market Nutrition Program:	\$	7,676
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62% of WIC families are working families and 67% of WIC families are living in poverty (even though they are working, the majority of WIC families are living in poverty).

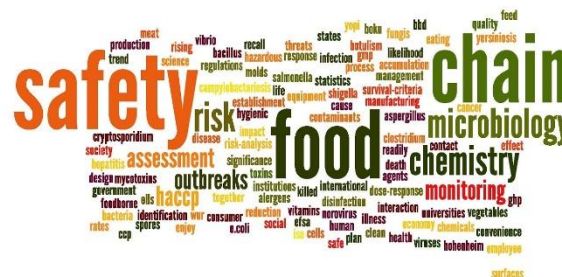
WIC Nutrition Education Promotes

Healthy Choices: Total Nutrition

Education sessions: 9,878

WIC Nutrition education:

- Emphasizes healthy habits so families can eat better and stay active to prevent obesity and chronic diseases
- Promotes breastfeeding for at least the first year of life
- Helps working mothers breastfeed longer by providing breast pumps
- Helps prevent early childhood caries by giving parents ideas for healthy snacks and stressing dental care by age one.



Inspection

Temporary Establishment Inspections	144
Permanent Establishments Inspected (not schools)	412
Schools Inspected	84
Re-Inspections	5
Pre-Opening Inspections	24
Total Permanent Establishment Inspections	125

WIC is a preventive public health nutrition program provided to low and moderate income women and young children with, or at risk of developing, nutrition-related health problems. This program provides nutrition and breastfeeding education, nutritious foods, and improved access to regular health care and social services.

WIC helps families get the services they need:

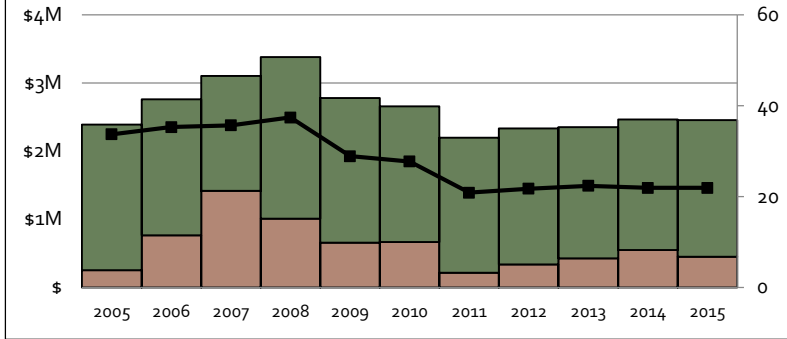
- Women, Infants and Children served in Lewis County during 2015: **4,104 clients**
- Infants and children under five: **2,975**
- Pregnant, breastfeeding, and postpartum women: **1,129**

WIC attracts families to preventive health services.
WIC Referrals: **20,173**

Financial Report

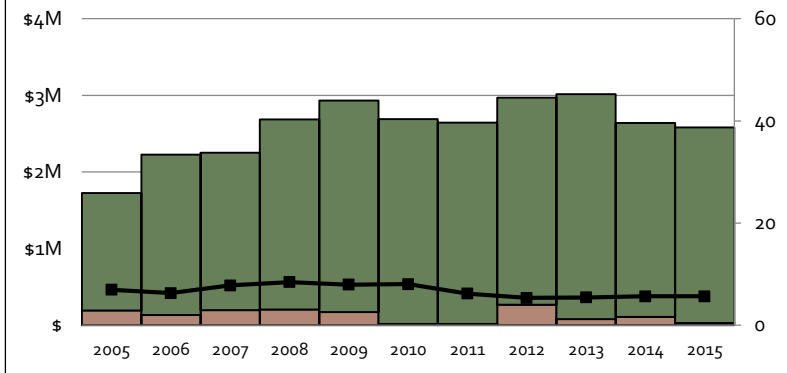
Expenditures and Staffing

Public Health

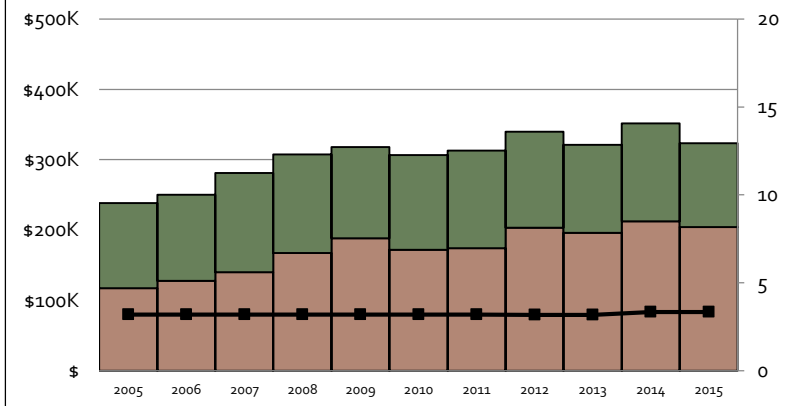


- Lewis County general fund
- Other funds
- Full-time equivalents (FTE)

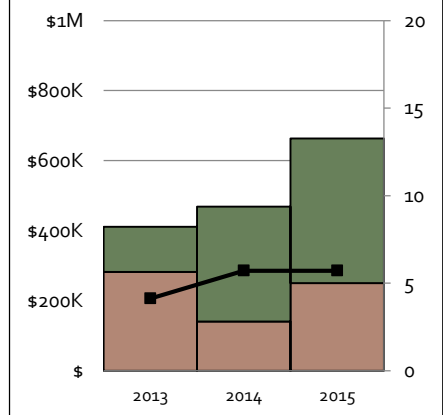
Social Services



Animal Shelter



Senior Services



Message from the Director and Health Officer

Behavioral Health: Integration of the State's System

What is Behavioral Health? Behavioral Health is a term that now includes both Mental Health treatment and Substance Use Disorder treatment.



Danette York
Director

Dr. Rachel Wood
Health Officer

What is Integration? Integration means that both Mental Health treatment dollars and Substance Use Disorder treatment dollars will now flow through one organization.

That organization will be a regional Behavioral Health Organization (BHO). Over the past year and a half to two years, our LCPHSS staff has been working feverishly with four other counties, consultants, and staff from the current Regional Support Networks to develop our regional BHO, which has to be open for business on April 1, 2016.

As part of Washington State's healthcare reform, the legislature required that this integration of services take place by dissolving the current Regional Support Network (RSN) Mental Health structure and implementing the BHO structure to include both Mental Health and Substance Use. For Lewis County, that means going from a three county region (Lewis, Pacific and Wahkiakum) to a five county region (add Cowlitz and Grays Harbor). It also means that the substance use disorder treatment dollars will no longer pass through LCPHSS; instead they will go through the BHO.



The organization we have developed is titled Great Rivers Behavioral Health Organization (GRBHO). Good news for Lewis County is that we are somewhat central to the five county region, so GRBHO decided to house their headquarters right here in Chehalis. LCPHSS will also have a satellite agreement with GRBHO to have a BHO Liaison position who will serve to ensure our residents who are clients of contracted providers are able to access and receive optimal care.

This has been a long, collaborative process which has taken many hours of planning and preparation. We want to give a special **THANKS** to Carolyn Price, who was instrumental in developing this BHO by serving as Lewis County's direct representative and providing technical assistance throughout the entire process! LCPHSS looks forward to working with the GRBHO in the near future.



Public Health
Prevent. Promote. Protect.